

NORTH WEST LONDON Y.A. CC. LGE FIXTURE HELD AT WORMWOOD SCRUBBS
Saturday 5TH March 2016

U/11 Girls 1200 metres

1	K. Price	TVH	4.44	TEAMS	
2	O. Edwards	Dac Tr	4.48	TVH	13
3	M. Ellwood	Cook	4.56	Cookham 'A'	15
4	L. Dafter	TVH	4.58	Cookham B	32
5	C. Terry	Cook	4.58	Highgate A	41
6	R. Keohane	Tr Pk	5.11	Highgate B	62
7	S. Ellington	Cook	5.13	Trent Park	73
8	S. Kafero-Roberts	TVH	5.14	Dacorum & Tring	80
9	B. McCafferty	Cook	5.14	Harrow	81
10	J. Ridley	Cook	5.16	London Heathside	92
11	M. Addison	Hrw	5.27	Barnet & Dist	95
12	S. Thompson	Hig	5.25	Shaftesbury Barnet	96
13	R. Moss	Cook	5.28	Highgate C	97
14	H. Giles	Hig	5.29	QPH	113
15	A. Chapman	Hig	5.29		
16	L. Kurfulus	Hig	5.32		
17	E. McCluskey	Bar	5.33		
18	S. Richardson	Sh Bar	5.35		
19	H. Munday	L.H.	5.37		
20	M. Salkeld	TVH	5.38		
21	E. Lancaster	Cook	5.39		
22	T. Rheinhardt	Hig	5.41		
23	S. Lawrence	ESM	5.46		
24	Agoyak	Hig	5.47		
25	G. Saint	TVH	5.50		
26	L. Mitchell	Hig	5.52		
27	I. Spencer	Cook	5.54		
28	A. Ultaq	Cook	5.55		
29	A. Metcalf	LH	5.59		
30	P. Allwright	Tr Pk	6.00		
31	I. Graffagnino	Hrw	6.02		
32	C. Rousset	TVH	6.03		
33	N. Crabb	Hig	6.10		
34	F. Weston	LH	6.27		
35	I. McLaughlin	QPH	6.38		
36	K. Le Vu	Hig	6.47		
37	M. Steel	Tr Pk	6.52		
38	G. Helmuth	Cook	6.55		

U/13 GIRLS – 2000 metres

1	L. Louw	Hil	8.10
2	M. Duer	TVH	8.13
3	E. Donald	Hig	8.14
4	A. Cassidy	Dac Tr	8.17
5	L. Salkeld	TVH	8.23
6	N. Murphy	TVH	8.33
7	J. Beneviste	Dac Tr	8.34
8	C. Cooney-Quinn	TVH	8.34
9	I. Millet	Hig	8.35
10	A. Zibeti	Hrw	8.38
11	O. Colegrave	TVH	8.43
12	E. Hathaway	Tr Pk	8.44
13	I. D'Amico	Hrw	8.46
14	E. Hartley	Hig	8.48
15	E. Herzog	Hig	9.12
16	C. Rousset	TVH	9.14
17	I. Brand	Tr Pk	9.32
18	B. Bannister	Hig	9.42
19	E. Power	TVH	9.51
20	B. Le Vu	Hig	9.56
21	E. Dawson	Cook	11.27
22	E. Russell	TVH	13.00
23	L. Jarvis	TVH	13.00

Teams

TVH A	13
Highgate A	26
TVH B	35
Dacorum & Tring	35
Harrow	47
Highgate B	53
Trent Park	53
TVH C	64
Cookham	69

GIRLS U/15 - 2800 metres

1	S. Staab	Sh Bar	11.09
2	A. Ibrahim	ESM	11.24
3	A. Casey	TVH	11.26
4	M. Naylor	LH	11.40
5	M. Hornett	Tr Pk	11.47
6	K. Michel	Sh Bar	11.47
7	M. Chapman	Hig	11.57
8	A. Freely	Hrw	11.59
9	B. Hargreaves	Tr Pk	12.02
10	B. Murray	Cook	12.06
11	M. Hussain	ESM	12.37
12	M. Alexander	Tr Pk	12.48
13	N. Summerfield	TVH	12.49
14	N. Bordeaux	Tr Pk	12.57
15	R. Allwright	Tr Pk	14.08

Teams

Trent Park	26
Ealing, Southall & Middx	29
TVH	32
Shaftesbury Barnet	33
Highgate	39

UNDER 17 WOMEN – 4000 metres

1	L. Stewart	ESM	17.22
2	L. Cottrell	Hrw	18.31
3	R. Hadow	Hrw	18.52
4	R. Lynch	ESM	19.44
5	J. Connelly	ESM	21.20

Teams

Ealing, Southall & Middx	10
Harrow	11

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BOYS UNDER 11 – 2000 metres

1	S. Greenstein	Sh. Bar	7.40
2	A. Turner	TVH	7.50
3	A. Bickerstaff	Hrw	7.54
4	T. Woolward	Hrw	7.56
5	N. Hersi	ESM	7.56
6	J. Hopkins	Hig	8.04
7	J. Bailey	Hig	8.05
8	A. Hamud	Hil	8.12
9	K. Larson-Amartefo	Hrw	8.13
10	E. Badiel-Banks	Hig	8.16
11	L. Mansell	Hrw	8.17
12	F. McGrath	Cook	8.18
13	F. Coombe	ESM	8.20
14	C. Rollo	TVH	8.22
15	J. Dilley	Cook	8.27
16	B. Briggs	Hig	8.30
17	F. Griffiths	Hig	8.30
18	H. Johnston	Cook	8.32
19	T. Ellington	Cook	8.33
20	C. Hopkins	Hig	8.33
21	B. Chesworth	Hig	8.36
22	J. Callis	Cook	8.39
23	M. Kanai	ESM	8.40
24	D. Bunn	Hrw	8.40
25	E. Hathaway	Tr Pk	8.41
26	H. Downes	Cook	8.44
27	A. Reed.	LH	8.46
28	D. Paine	Tr Pk	8.47
29	M. Walker	Hig	8.47
30	R. Weinbrecht	Hig	8.48
31	A. Dourish	Cook	8.49
32	B. Moon	TVH	8.50
33	M. Ibrahim	Tr Pk	8.52
34	M. Aitken	Tr Pk	8.52
35	T. Edwards	Sh Bar	8.53
36	S. Day	Dac Tr	8.53
37	M. Rock	TVH	8.54
38	H. Williams	ESM	8.55
39	T. Berger	Tr Pk	8.56
40	L. Roncarati	Sh Bar	8.59
41	M. Almani	Hig	9.00
42	R. Freeman	Tr Pk	9.02
43	L. Bailey	Hig	9.03
44	N. Cassidy	Dac Tr	9.05
45	M. Lamagna	ESM	9.06
46	M. Deasy	LH	9.08
47	S. Inglis	TVH	9.12
48	R. Watson	Hig	9.18
49	M. Burn	Hrw	9.21

Under 11 Boys cont.

50	B. Hearsy	Cook	9.24
51	T. Kabiri	Hig	9.58
52	J. Lorraine	Hig	10.07
53	J. Cameron	Hig	10.08
54	L. Spactrosi	Hig	10.25
55	M. Snelham	Cook	10.46
56	J. Balme	Hig	10.49
57	E. Paine	Tr Pk	11.05
58	L. Bostoc	Cook	11.17
59	F. Schaap	TVH	11.17
60	S. Steel	Tr Pk	11.26
61	O. Althaaf	Sh Bar	12.43

Teams

1	Harrow	27
2	Highgate A	39
3	Cookham A	64
4	Ealing, Southall & Middx	74
5	TVH	85
6	Highgate B	87
7	Trent Park	116
8	Cookham B	129
9	Shaftesbury Barnet	137
10	Highgate C	162
11	Hillingdon	194
12	London Heathside	197
13	Dacorum & Tring	204
14	Highgate D	210

BOYS UNDER 13 – 2800 metres

1	D. Michel	Sh Bar	10.33
2	B. Rock	TVH	10.40
3	M. Watson	Hig	10.43
4	M. Crow	Hrw	10.55
5	T. Machin-Paley	Hig	10.55
6	M. Armstrong	Dac Tr	10.59
7	R. McGonagle	LH	11.02
8	L. Porter	Hig	11.13
9	E. Lowe	Cook	11.15
10	A. Brennan	Tr Pk	11.15
11	A. Fitzpatrick	Hig	11.17
12	O. Gallagher	Hig	11.18
13	B. Naylor	Cook	11.19
14	F. Sleeman	Hig	11.20
15	Z. Ibrahim	Hig	11.22
16	M. McAteer	Sh Bar	11.22
17	M. Hersi	ESM	11.24
18	E. Gaskin	Tr Pk	11.24
19	I. Hughes	Cook	11.29
20	C. Hudson	Hrw	11.32
21	A. Ferrand	TVH	11.38
22	L. Hunt	Chilt	11.41
23	S. Burnell	Dac Tr	11.41
24	A. Lytrides	Tr Pk	11.45
25	C. O'Keefe	Sh Bar	11.46
26	J. Steel	Tr Pk	11.49
27	A. Quinn	QPH	11.54
28	M. Kowiloyan	ESM	11.56
29	F. Gavin Plume	TR Pk	11.56
30	E. Alexander	Tr Pk	12.01
31	C. Charles	Cook	12.04
32	M. Muralitheran	Hrw	12.15
33	M. Lamagna	ESM	12.21
34	A. Bate	Cook	12.22
35	J. Street	Tr Pk	12.53
36	L. Hanson	LH	13.16
37	L. Balmer	ESM	13.43
38	L. Morris-Wilson	TVH	15.30

TEAMS

1	Highgate	27
2	Dacorum & Tring	77
3	Trent Park	81
4	Shaftesbury Barnet	81
5	London Heathside	92
6	Harrow	95
7	Cookham	96
8	Ealing, Southall Middx	126
9	QPH	134

UNDER 15 BOYS - 4000 metres

1	H. Turner	Cook	15.24
2	S. Lewis	Cook	15.31
3	L. Medd	TVH	15.47
4	L. Bunn	Hrw	15.51
5	N. Duer	TVH	15.53
6	N. Kanai	ESM	15.54
7	D. Greenstein	Sh Bar	15.58
8	I. Iman	ESM	16.09
9	O. McGahon	Tr Pk	16.19
10	W. Douglas	Tr Pk	16.22
11	G. Bazzarelli	LH	16.33
12	A. Gambrill	Cook	16.37
13	J. Martin	ESM	17.06
14	G. Acosta	Tr Pk	17.12
15	S. Hersi	ESM	17.19
16	O. Quinn	QPH	17.24
17	C. Morris	Hrw	17.40
18	J. Wightman	Tr Pk	18.09
19	F. Yuill	Cook	18.17
20	D. Lamagne	ESM	18.43
21	E. McArdle	Tr Pk	18.48
22	J. Nickels	Cook	18.49
23	M. Yuill	Cook	19.25

Teams	1	Cookham	34
	2	Ealing, Southall & Middx	42
	3	Trent Park	51
	4	TVH	56
	5	Harrow	69
	6	Shaftesbury Barnet	79
	7	London Heathside	83
	8	QPH	88

UNDER 17 MEN – 4700 metres

1	L. Burrell	TVH	17.28
2	W. McArdle	Tr Pk	18.11
3	W. Griffiths	LH	18.38
4	J. Martin-Hillier	Tr Pk	19.13
5	L. Adar	ESM	19.22
6	T. Mills	Tr Pk	19.30
7	O. Greenstein	Sh Bar	19.32
8	Z. Wingate-Davis	ESM	19.36

Teams	1	Trent Park	21
	2	TVH	28
	3	London Heathside	30
	4	Ealing, Southall & Middx	31
	5	Shaftesbury Barnet	34

NORTH WEST LONDON YOUNG ATHLETES C.C. LEAGUE 2015-16

Final Team Positions after 5 fixtures

Under 11 Girls	1	Cookham A.C.	49
	2	Highgate Hrs	38
	3	Shaftesbury Barnet Hrs	30
	4	Trent Park RC	25
	5	TVH	23
	6	Highgate Hrs 'B'	21
	7	Harrow	20
	7	Dacorum & Tring AC	20
	9	Cookham AC 'B'	17
	10	London Heathside AC	16
	11	Barnet & Dist AC	6
	11	Cookham A 'C'	6
	13	London Heathside AC 'B'	5
	14	QPH	4
	15	Highgate Hrs 'C'	3
	16	Trent Park RC 'B'	1
	16	London Heathside AC 'C'	1
	16	Ealing, Southall & Middx AC	1

Under 13 Girls

1	TVH	49
2	Highgate Hrs	39
3	Harrow AC	27
3	Dacorum & Tring AC	27
5	Shaftesbury Barnet Hrs	26
6	London Heathside AC	25
6	TVH 'B'	25
8	Trent Park RC	22
9	Highgate Hrs 'B'	12
10	Barnet & Dist	11
11	Cookham AC	10
12	Highgate Hrs 'B'	5
13	TVH 'C'	3

Under 15 Girls

1	Ealing, Southall & Middx	44
2	Shaftesbury Barnet Hrs	41
3	Trent Park RC	40
4	Highgate Hrs	35
5	Harrow AC	22
6	TVH	18
7	Cookham AC	15
7	London Heathside AC	14
9	Dacorum & Tring AC	13
10	Barnet & District AC	7
11	Shaftesbury Barnet 'B'	6
12	QPH	1
13	Trent Park RC 'B'	1

Under 17 Women

1	Ealing, Southall & Middx AC	45
2	Harrow AC	41
3	Highgate Hrs	22
4	Shaftesbury Barnet Hrs	20
5	TVH	17
6	Barnet & District AC	16
7	Dacorum & Tring AC	13
8	London Heathside AC	7

Overall Team Challenge

1	Highgate Hrs	134
2	Shaftesbury Barnet Hrs	117
3	Harrow AC	110
4	TVH	107
5	Ealing, Southall & Middx AC	95
6	Trent Park RC	82
7	Dacorum & Tring Ac	73
8	Cookham AC	71
9	London Heathside	60
10	Barnet & District AC	41
11	QPH	4

NORTH WEST LONDON YOUNG ATHLETES C.C. LEAGUE 2015-2016

Final Team Positions after 5 fixtures

Under 11 Boys

1	Highgate Hrs	48
2	Harrow AC	41
3	Cookham AC	38
4	Trent Park RC	32
5	Ealing, Southall & Mdx AC	28
6	Highgate Hrs 'B'	26
7	TVH	24
8	Shaftesbury Barnet Hrs	10
9	London Heathside AC	9
10	Highgate Hrs 'C'	6
11	Barnet & District AC	5
12	Harrow AC 'B'	4
12	Dacorum & Tring AC	4
14	QPH	3
14	Cookham AC 'B'	3
16	London Heathside AC 'B'	1
16	Highgate Hrs 'D'	1

Under 13 Boys

1	Highgate Hrs	47
2	Trent Park RC	37
3	Cookham AC	35
4	Dacorum & Tring AC	28
5	Harrow AC	27
5	Shaftesbury Barnet Hrs	27
7	London Heathside AC	17
8	Ealing, Southall & Mdx AC	13
8	TVH	13
10	Highgate Hrs 'B'	12
11	Barnet & District AC	7
11	QPH	7
13	St Albans School	4
14	Trent Park RC 'B'	1
14	Enfield & Haringey AC	1

Under 15 Boys

1	Cookham Ac	45
2	Trent Park RC	41
3	Ealing, Southall & Middx	38
4	Shaftesbury Barnet Hrs	29
5	TVH	28
6	Harrow AC	23
7	London Heathside AC	19
8	Dacorum & Tring AC	13
8	QPH	13
10	St Albans School	10
11	Enfield & Haringey AC	2
12	Highgate Hrs '	2
13	Barnet & District AC	1

Under 17 Men

1	Trent Park RC	49
2	Ealing, Southall & Mdx AC	41
3	London Heathside AC	33
4	Shaftesbury Barnet Hrs	24
5	Dacorum & Tring AC	16
6	TVH	15
7	Barnet & District AC AC	4

Overall Team Challenge

1	Trent Park RC	159
2	Cookham AC	118
3	Highgate Hrs	97
4	Shaftesbury Barnet Hrs	92
5	Harrow AC	91
6	London Heathside AC	80
6	TVH	80
8	Dacorum & Tring AC	61
9	QPH	24
10	Barnet & District AC	17
11	St Albans School	12
12	Enfield & Haringey AC	3

NORTH WEST LONDON YOUNGS C.C. LEAGUE 2015-2016

Leading Individuals in each age group at end of season

Under 11 Girls

1	O. Edwards	Dac & Tr	194
2	M. Ellwood	Cook	186
3	A. Weightman	Sh Bar	185
4	C. Terry	Cook	180
5	R. Keohane	Tr Pk	179
6	L. Dafter	TVH	176
7	J. Ridley	Cook	164
8	H. Giles	Hig	159

Under 13 Girls

1	M. Duer	TVH	189
2	E. Donald	Hig	180
3	M. Heath	LH	166
4	E. Hathaway	Tr. Pk	164
5	C. Cooney-Quinn	TVH	159
6	O. Cassidy	Dac T	153
7	A. While	TVH	150
8	I. D'Amico	Hrw	149

Under 15 Girls

1	A. Ibrahim	ESM	186
2	M. Chapman	Hig	178
3	M. Naylor	LH	172
4	M. Hornett	Tr Pk	168
5	K. Michel	Sh Bar	166
6	B. Hargreaves	Tr Pk	161
7	B. Murray	Cook	160
8	C. Thomas	ESM	149

Under 17 Women

1	L. Stewart	ESM	190
2	L. Cottrell	Hrw	187
3	R. Haddow	Hrw	180
4	R. Lynch	ESM	178
5	M. Hopping	Bar	122
6	G. Kyriacou	Sh bar	100
7	J. Hurley	Sh Bar	95
8	E. Pigney	Hig	92

Under 11 Boys

1	S. Greenstein	Sh Bar	200
2	A. Turner	TVH	194
3	N. Douglas	Tr Pk	186
4	A. Bickerstaff	Hrw	184
5	J. Hopkins	Hig	183
6	J. Bailey	Hig	168
6	F. McGrath	Cook	168
6	F. Baddiel-Banks	Hig	168

Under 13 Boys

1	D. Michel	Sh Bar	193
2	M. Watson	Hig	188
3	M. Crow	Hrw	182
4	E. Lowe	Cook	172
5	L. Hunt	Chilt	171
6	O. Gallagher	Hig	162
7	G. Gavin Plume	Tr Pk	134
8	A. Lyrides	Tr Pk	125

Under 15 Boys

1	H. Turner	Cook	191
2	N. Duer	TVH	171
3	O. McGahon	Tr Pk	170
4	N. Kanai	ESM	167
5	S. Lewis	Cook	161
6	W. Douglas	Tr Pk	151
7	A. Gambrell	Cook	147
8	S. March	Cook	134
8	O. Weintaub	TVH	134

Under 17 Men

1	W. McArdle	Tr Pk	192
2	J. Martin-Hillyer	Tr Pk	175
3	T. Mills	Tr Pk	170
4	O. Greenstein	Sh Bar	166
5	J. Fielding	ESM	148
6	L. Adar	ESM	127
7	L. Gray	LH	122
8	T. McArdle	Tr Pk	98